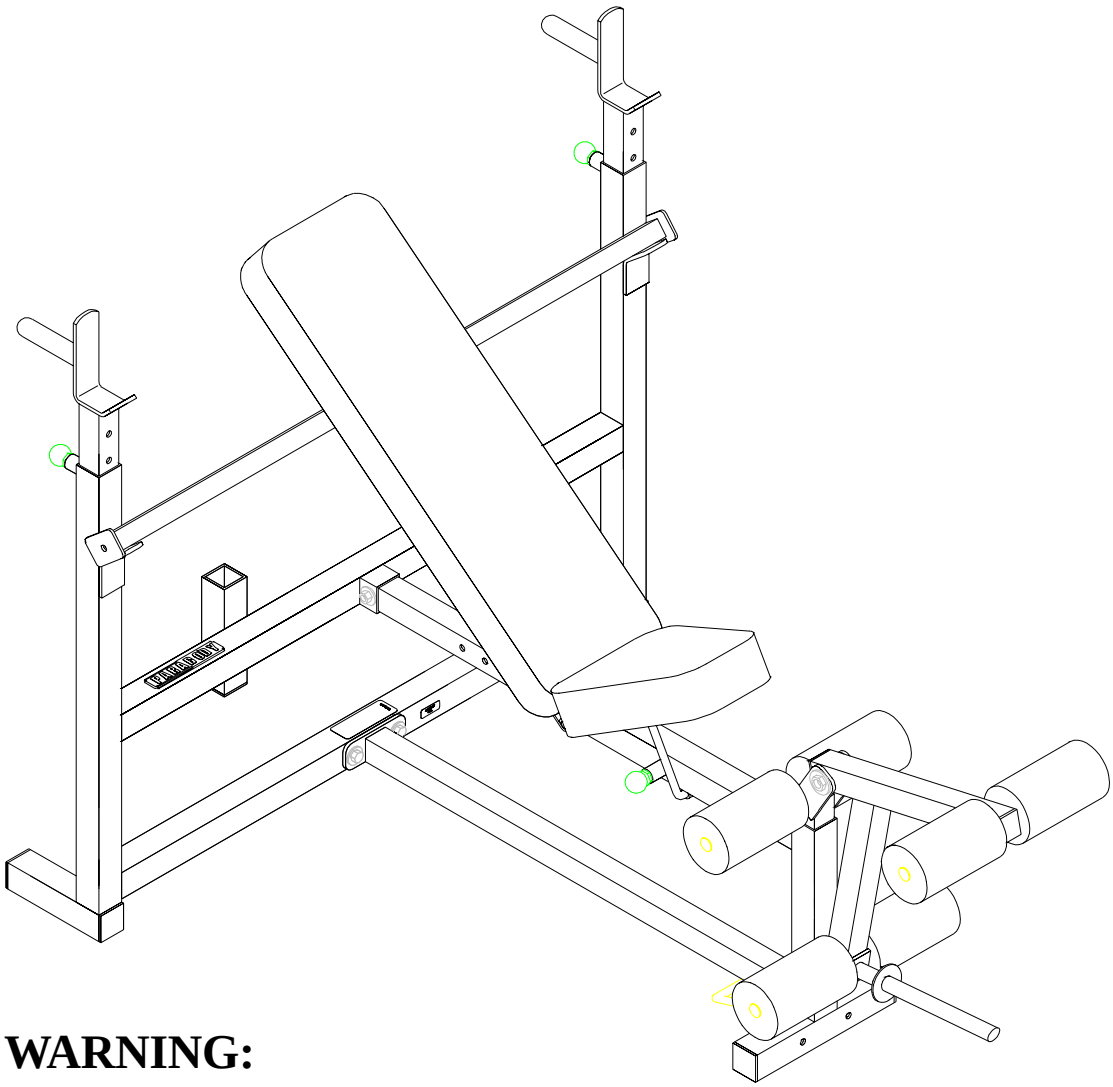
PARABODY®

807 BODYSYSTEM WORKOUT CENTER



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

USER'S GUIDE

TABLE OF CONTENTS

Safety Statement.....2
General Notes.....3
Tools Required.....3
Gym Layout.....4
Parts list.....5
Assembly Instructions.....6-15
General Maintenance.....16
Warranty Statement.....17
Product Services.....18
Insert-Registration Card

IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

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NOTE: In a continual effort to improve our products, specifications are subject to change

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www.parabody.com

IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody 807 Gym System. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

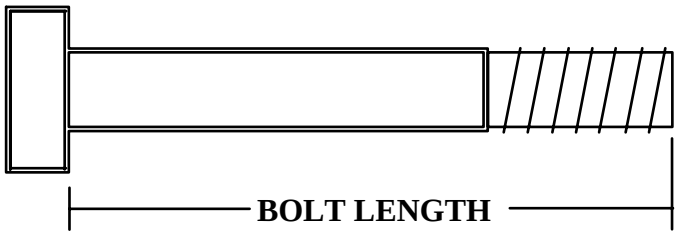
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

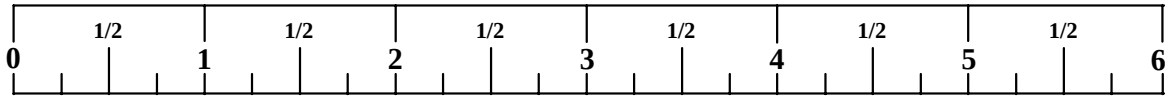
* 3/4” wrench
* 9/16” wrench
* Ratchet with 3/4” and 9/16” sockets
* Adjustable wrench
* Tape measure

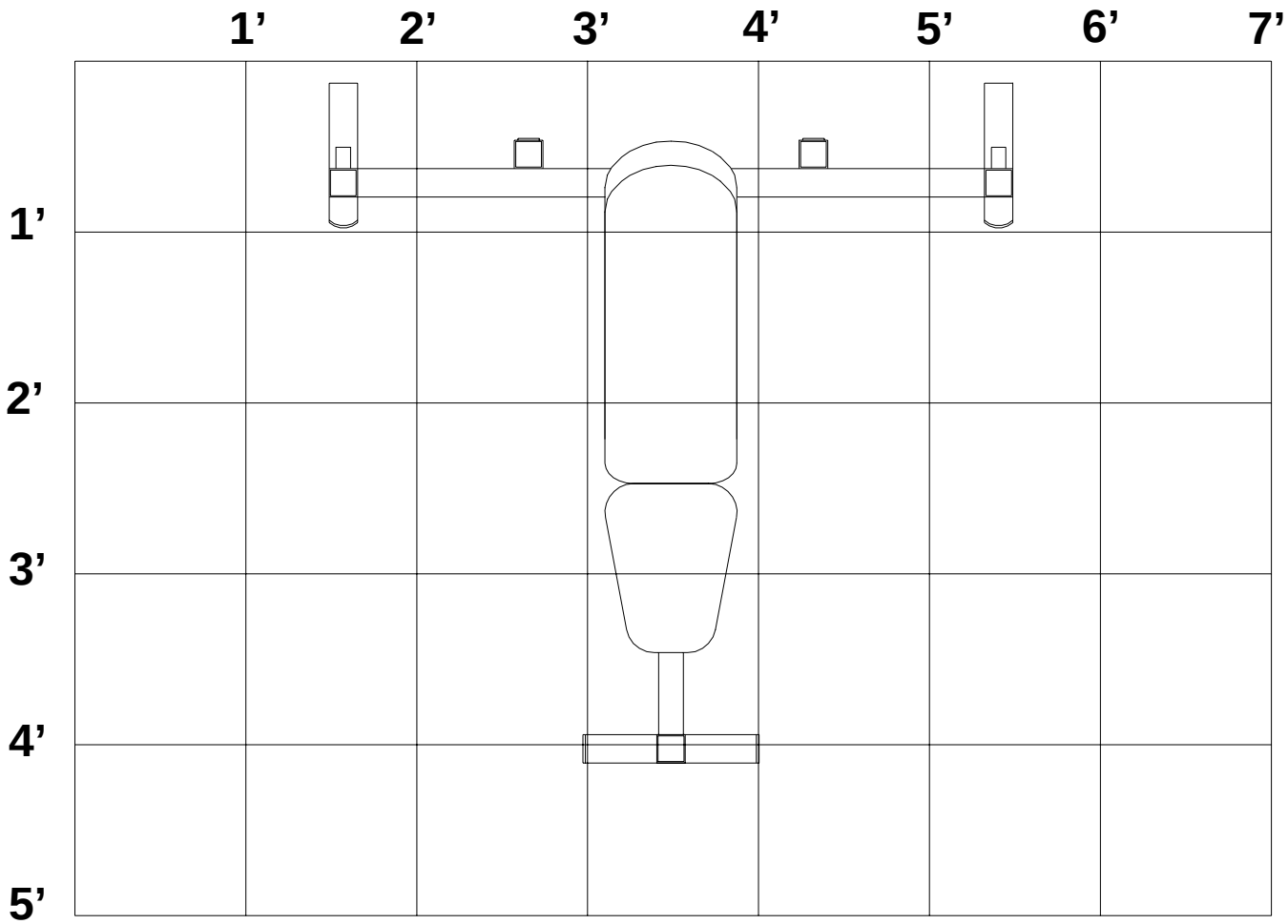
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:





1 Square = 1’ X 1’

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	7058908	UPRIGHT FRAME	1
2	6407508	BENCH FRAME	1
3	6111002	HEIGHT ADJUSTMENT BAR	1
4	6406602	WOLFF SLEEVE	1
5	6407802	BASE LEG	1
6	6407302	SADDLE	2
7	6407202	LEG EXTENSION NECK	1
8	6024702	LEG EXTENSION	1
9	6406401	HINGE TAB	4
10	6406501	U-PIN	2
11	6125101	ROLLER PAD SHAFT	2
12	6194601	ROLLER PAD	6
13	6654521	SEAT PAD	1
14	6654121	BACK PAD	1
15	3102909	3/8 X 1” BOLT	4
16	3102922	3/8 X 2-3/4” BOLT	1
17	3102904	3/8 X 3” BOLT	2
18	3102910	1/2 X 3” BOLT	1
19	3102501	3/8” WASHER	10
20	3102601	3/8” LOCK WASHER	4
21	3102802	3/8” LOCK NUT	3
22	3102502	1/2” WASHER	2
23	6236701	1-3/4” SQ. END CAP	4
24	3102804	1/2” LOW HEIGHT LOCK NUT	1
25	6412001	3/8” SPRING PIN ASSEMBLY	3
26	6020601	1/2” FLANGE BEARING	2
27	3105401	3/4” STARLOCK COLLAR	6
28	3109602	PAL NUT	2
29	6145801	THUMBSCREW	6
30	3103101	1-1/4 X 5” GRIP	2
31	6416601	PARAGLIDE STRIP (8 ct.)	3
32	3104301	3/4” SQ. RUBBER BUMPER	1
33	6405201	2” SQ. END CAP	6

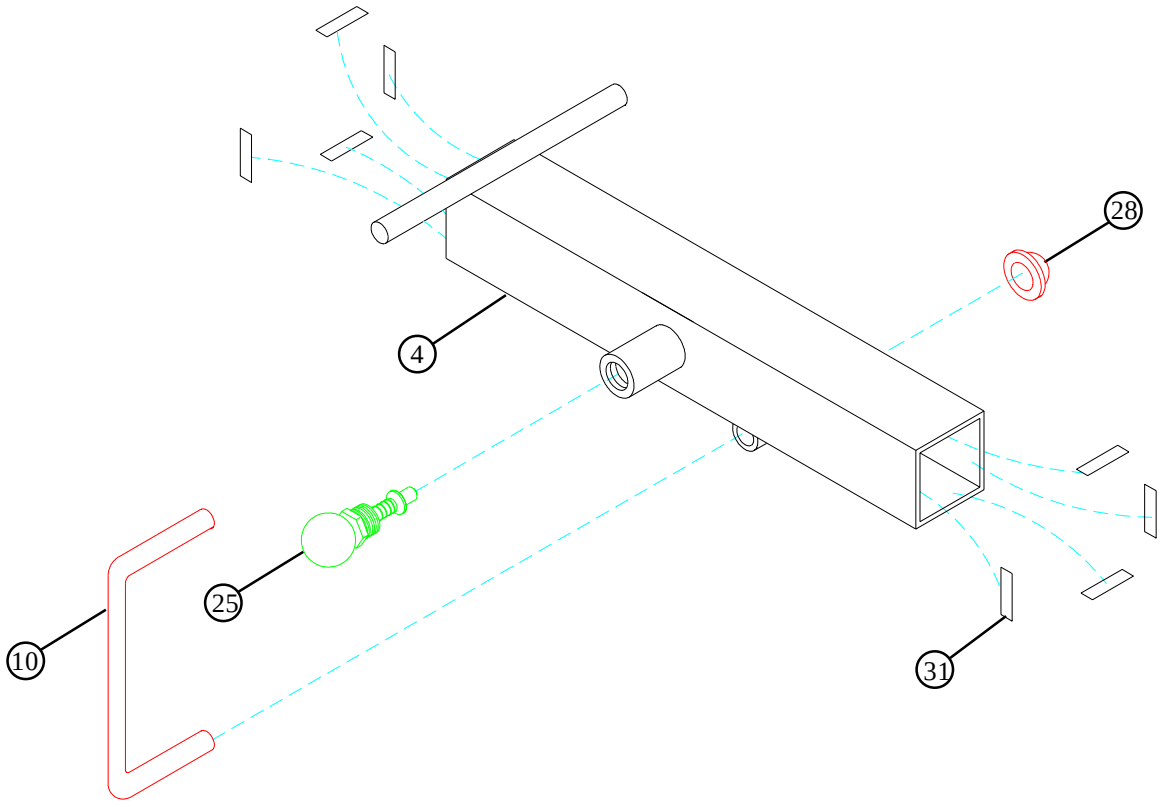
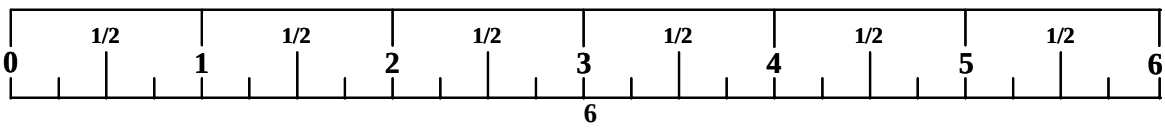


FIGURE 1

STEP 1:

- Attach eight PARAGLIDE STRIPS (31) to the WOLFF SLEEVE (4) (FOUR ON EACH END) as shown in FIGURE 1 using the following steps:
  - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
  - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.
- Insert one U-PIN (10) through the BUSHING of the WOLFF SLEEVE (4) and attach one PAL NUT (28) to the end of the U-PIN (10) as shown in FIGURE 1.
- **SECURELY** assemble one 3/8" SPRING PIN ASSEMBLY (25) to the SPRING PIN HOUSING on the WOLFF SLEEVE (4) as shown in FIGURE 1. **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**



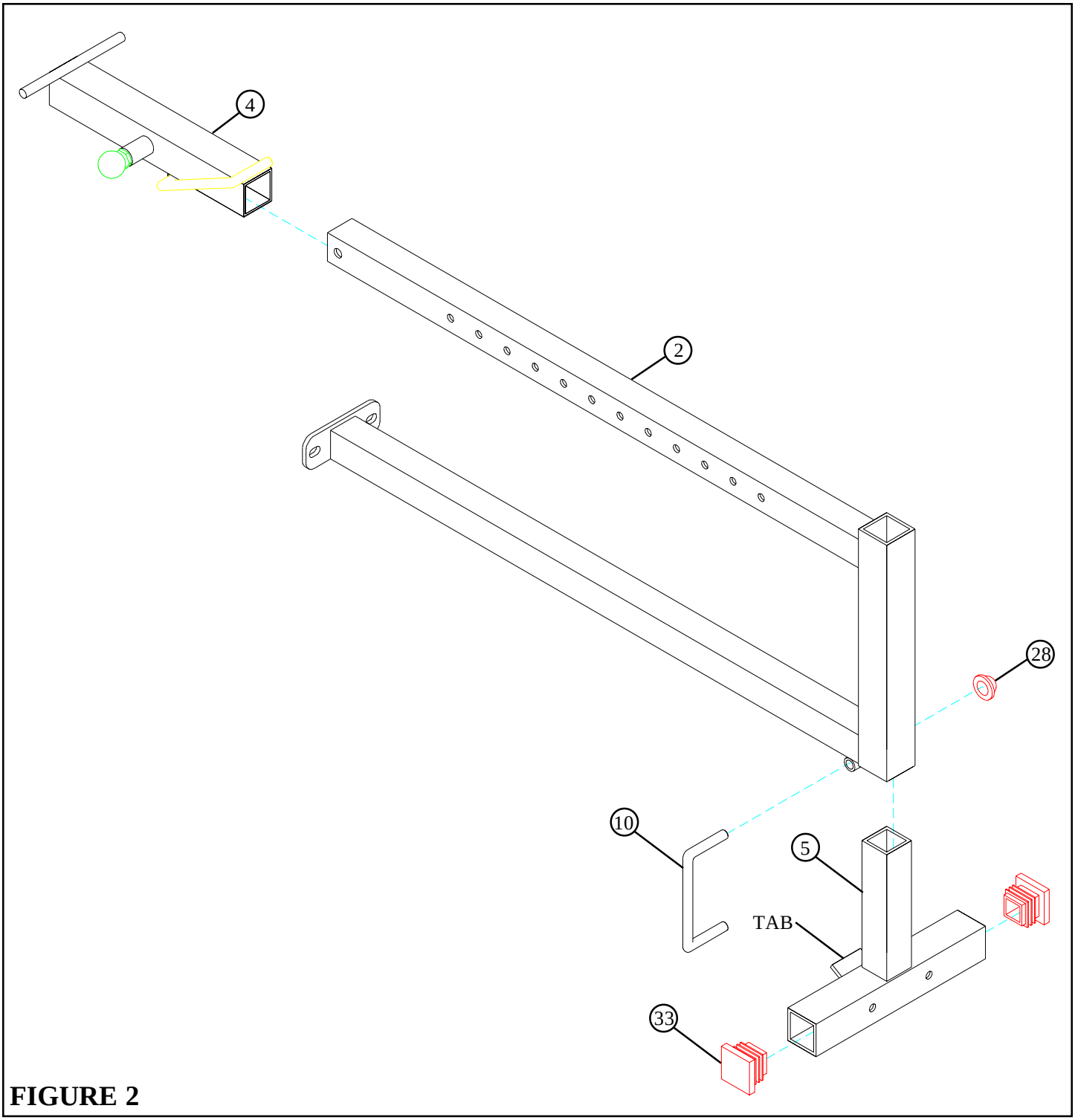


FIGURE 2

STEP 2:

- Pull back the SPRING PIN on the WOLFF SLEEVE (4) and slide it over the end of the BENCH FRAME (2) as shown in FIGURE 2. Engage the SPRING PIN into one of the adjustment holes.
- Insert two 2" SQ. END CAPS (33) into both ends of the BASE LEG (5) as shown in FIGURE 2.
- Insert one U-PIN (10) through the BUSHING on the bottom of BENCH FRAME (2) and attach one PAL NUT (28) to the end of the U-PIN (10) as shown in FIGURE 2.
- Insert the BASE LEG (5) into the front of the BENCH FRAME (2) as shown in FIGURE 2. **(MAKE SURE THAT THE TAB ON THE BASE LEG IS UNDER THE BENCH FRAME)**

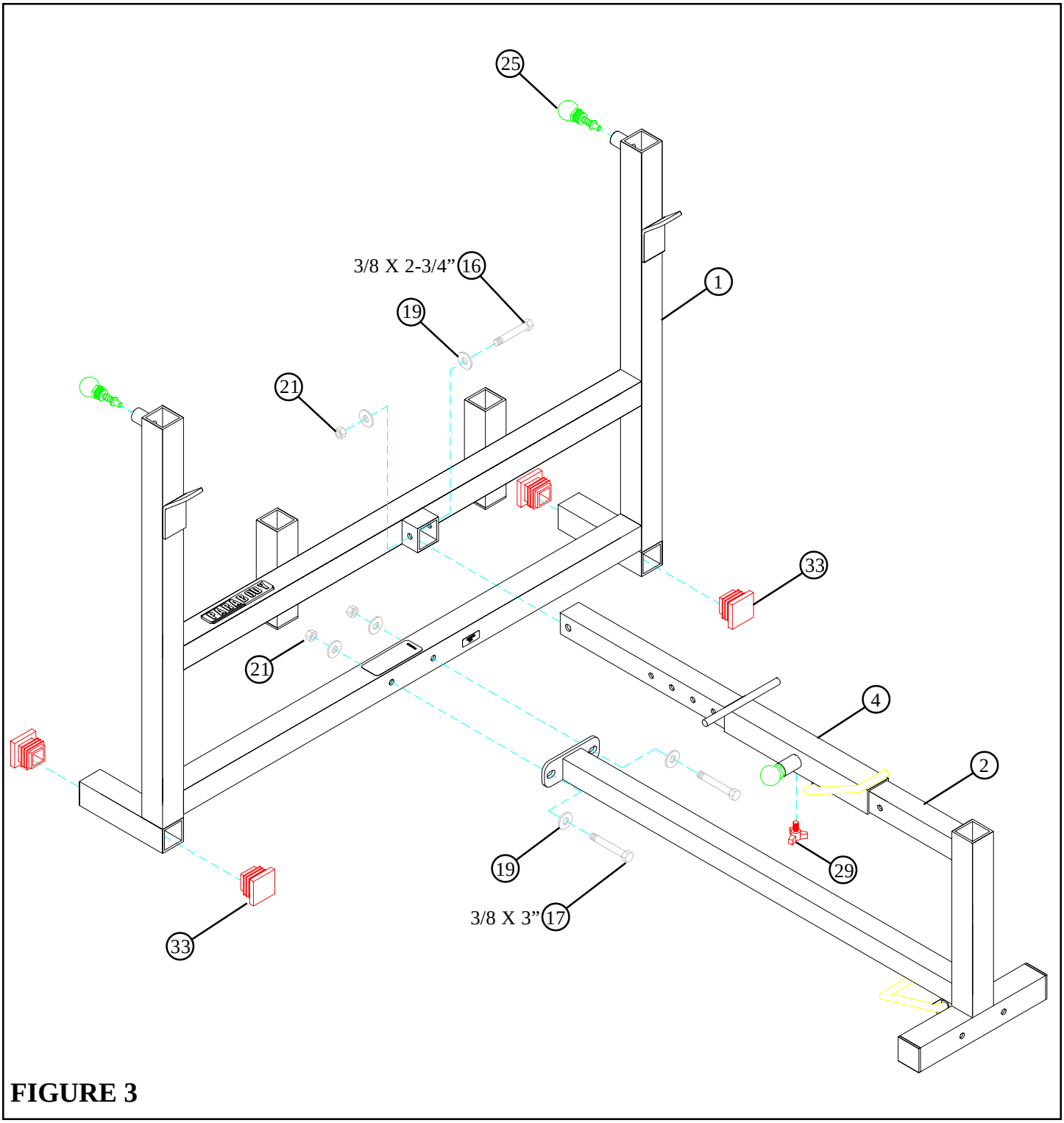
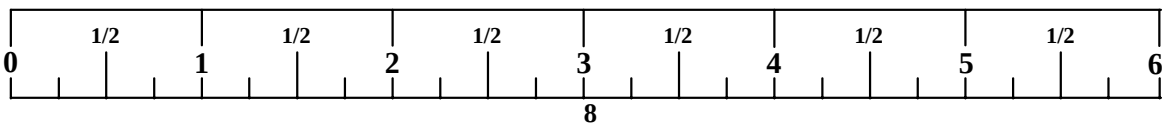


FIGURE 3

STEP 3:

- Insert four 2" SQ. END CAPS (33) into the BASE TUBES of the UPRIGHT FRAME (1) as shown in FIGURE 3.
- **SECURELY** assemble the BENCH FRAME (2) to the UPRIGHT FRAME (1) using two 3/8 X 3" BOLTS (17), one 3/8 X 2-3/4" BOLT (16), six 3/8" WASHERS (19), and three 3/8" LOCK NUTS (21) as shown in FIGURE 3.
- **SECURELY** assemble two 3/8" SPRING PIN ASSEMBLIES (25) to the SPRING PIN HOUSING on the UPRIGHT FRAME (1) as shown in FIGURE 3. **(NOTE: !!!IMPORTANT!!! Tighten the nut of the SPRING PIN ASSEMBLY SECURELY!)**
- Secure the WOLFF SLEEVE (4) in place with one THUMBSCREW (29).



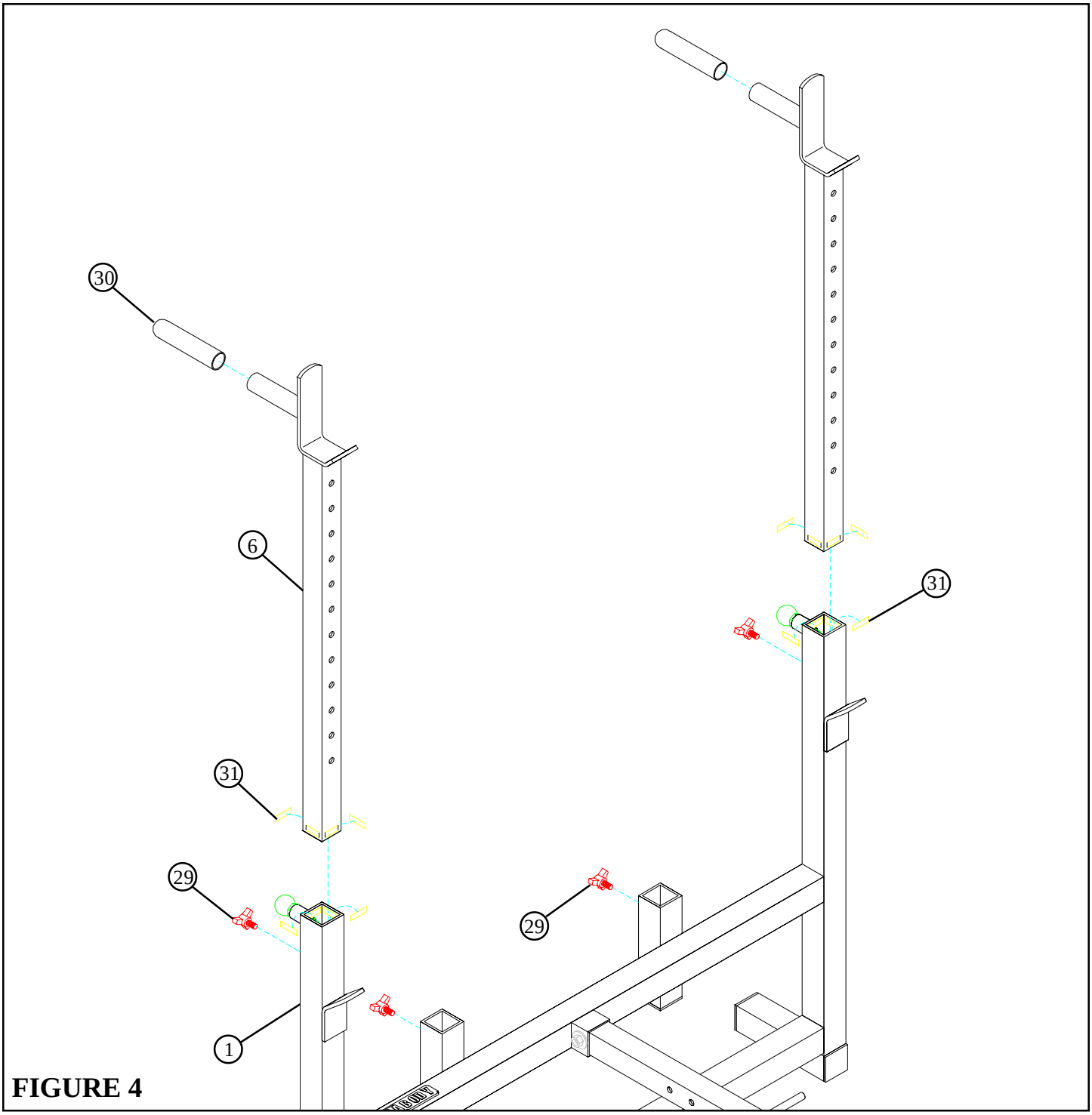


FIGURE 4

STEP 4:

- Attach eight PARAGLIDE STRIPS (31) to both UPRIGHT TUBES on the UPRIGHT FRAME (1) (FOUR ON EACH END) as shown in FIGURE 4 using the following steps:
  - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
  - Remove the PARAGLIDE STRIPS from the paper backing and firmly apply them to all shown surfaces.
- Attach eight PARAGLIDE STRIPS (31) to each SADDLE (6) (FOUR ON EACH END) as shown in FIGURE 4.
- Slide two 1-1/4 X 5" GRIPS (30) over the DIP HANDLES of both SADDLES (6). **(IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL.)**
- Pull back the SPRING PIN on the UPRIGHT TUBES, and insert the SADDLES (6) as shown in FIGURE 4.. Slide the SADDLE (6) down to the desired height and release the SPRING PIN into the hole.
- Secure the SADDLES (6) in place with two THUMBSCREWS (29) as shown in FIGURE 4.
- Attach two THUMBSCREWS (29) to the DIP TUBES on the UPRIGHT FRAME (1) as shown in FIGURE 4. When ready to perform the DIP EXERCISE, simply insert the SADDLES (6) into the DIP TUBES and tighten the two THUMBSCREWS

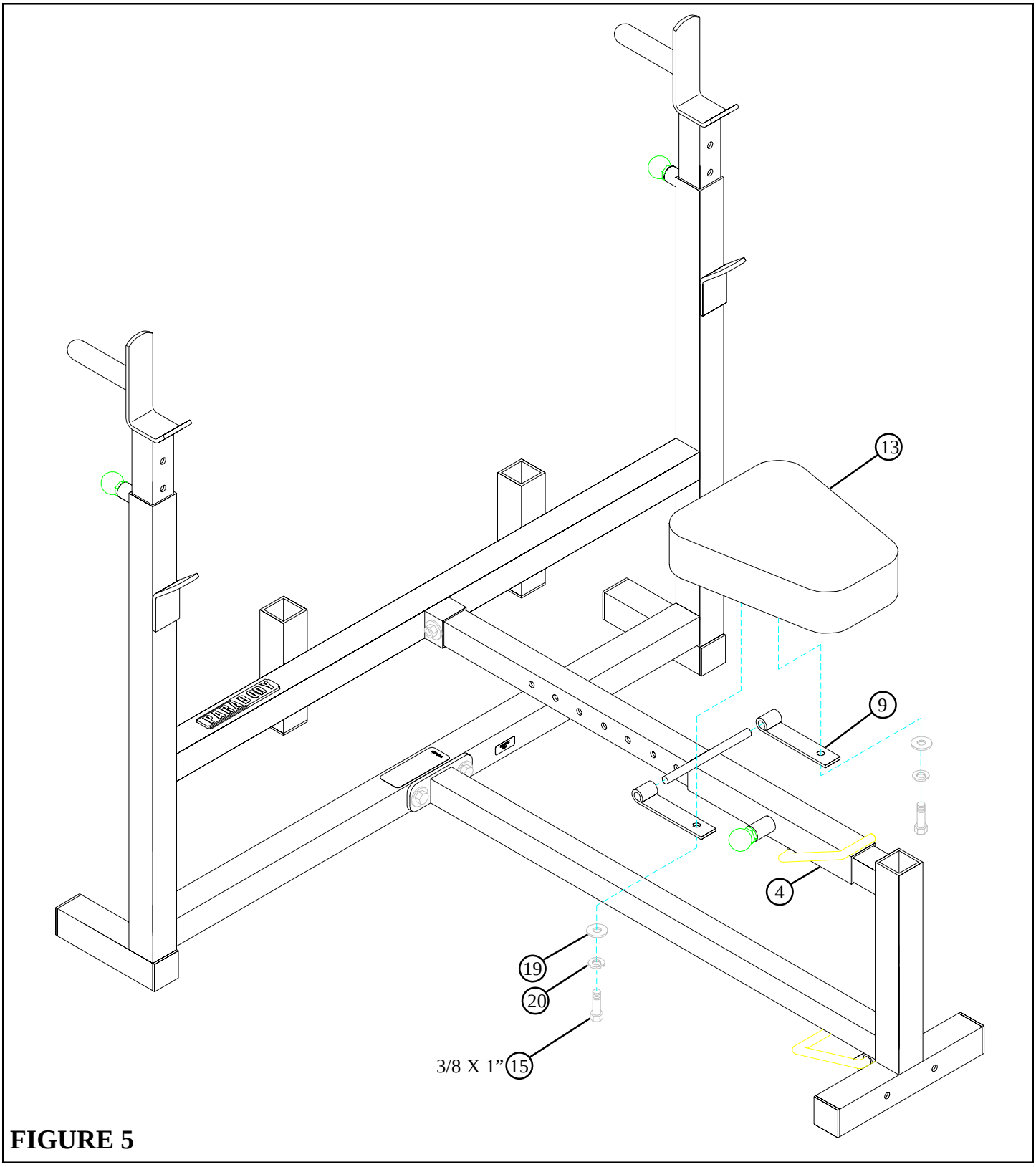
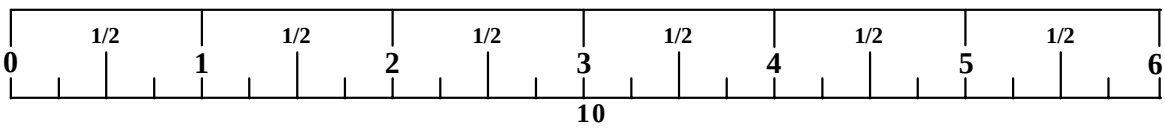


FIGURE 5

STEP 5:

- To assemble the SEAT PAD (13) to the WOLFF SLEEVE (4), start by sliding two HINGE TABS (9) over the PIN of the WOLFF SLEEVE (ONE ON EACH SIDE) as shown in FIGURE 5, and **SECURELY** assemble each HINGE TAB (9) to the SEAT PAD (13) using two 3/8 X 1” BOLTS (15), two 3/8” LOCK WASHERS (20), and two 3/8” WASHERS (19). **(MAKE SURE BOTH HINGE TABS ARE ALL THE WAY ON THE PIN)**



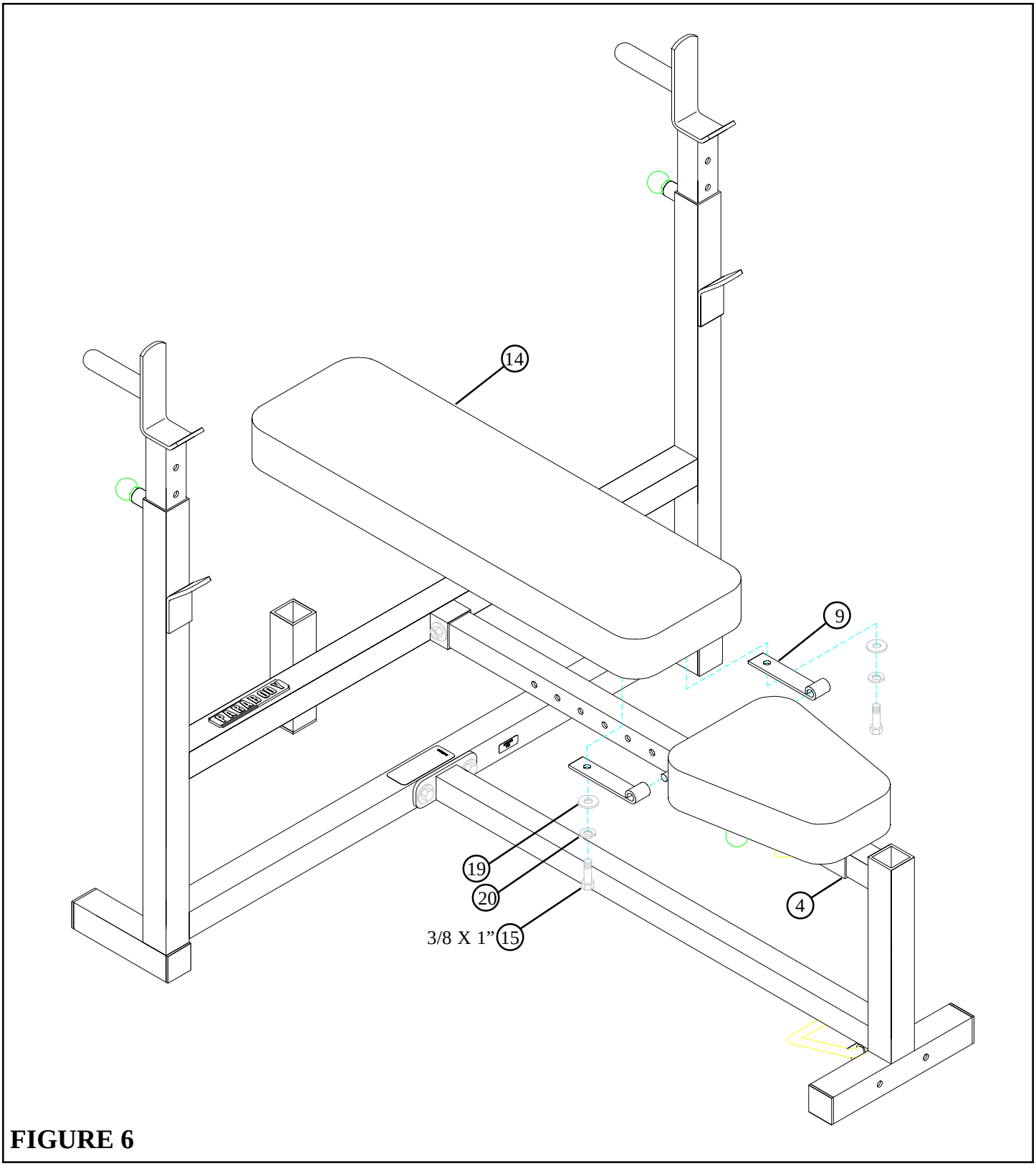


FIGURE 6

STEP 6:

- To assemble the BACK PAD (14) to the WOLFF SLEEVE (4), slide the two remaining HINGE TABS (9) over the PIN of the WOLFF SLEEVE (ONE ON EACH SIDE) as shown in FIGURE 6, and **SECURELY** assemble each HINGE TAB (9) to the BACK PAD (14) using two 3/8 X 1” BOLTS (15), two 3/8” LOCK WASHERS (20), and two 3/8” WASHERS (19). **(MAKE SURE BOTH HINGE TABS ARE ALL THE WAY ON THE PIN)**

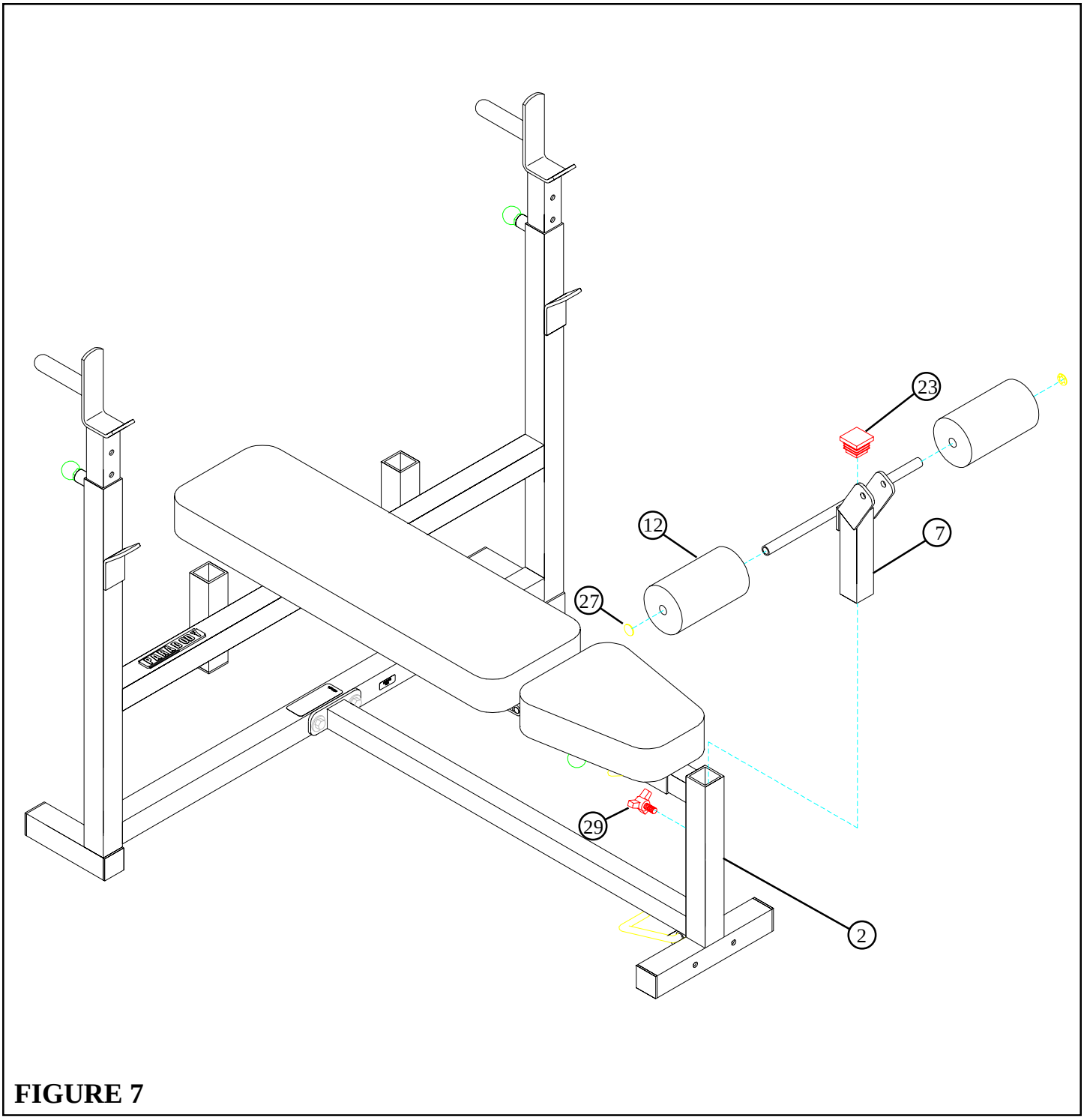
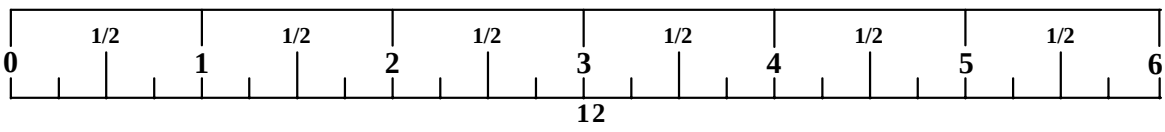


FIGURE 7

STEP 7:

- Insert one 1-3/4” SQ. END CAP (23) into the top of the LEG EXTENSION NECK (7) as shown in FIGURE 7.
- Slide two ROLLER PADS (12) over each end of the SHAFT of the LEG EXTENSION NECK (7), as shown in FIGURE 7, and secure in place using two 3/4” STARLOCK COLLARS (27).
- Insert the LEG EXTENSION NECK (7) into the BENCH FRAME (2) and secure in place using on THUMBSCREW (29) as shown in FIGURE 7.



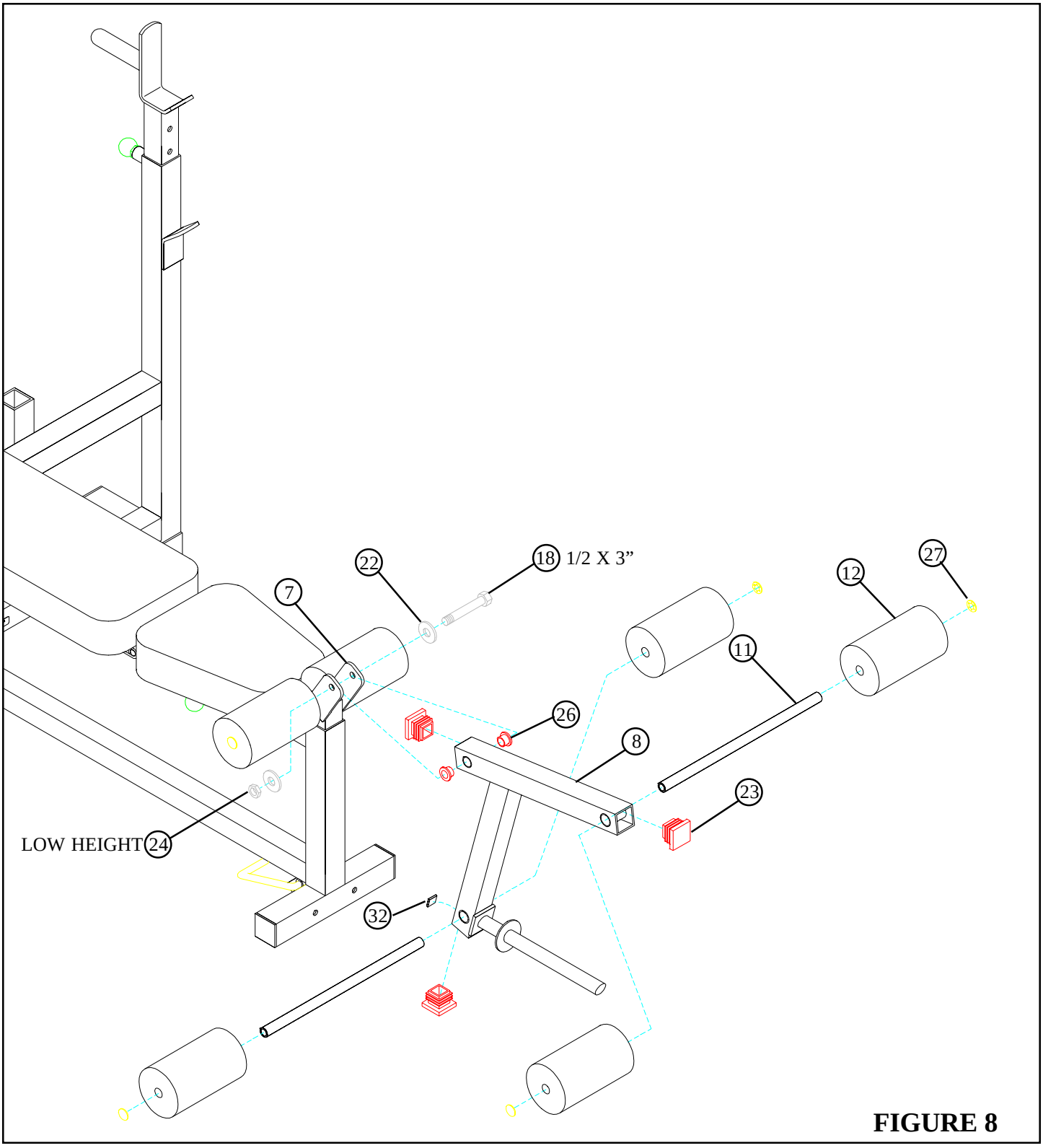


FIGURE 8

STEP 8:

- Insert three 1-3/4” SQ. END CAPS (23) into the ends of the LEG EXTENSION (8) as shown in FIGURE 8.
- Insert two 1/2” FLANGE BEARINGS (26) into the BUSHING on the LEG EXTENSION (8) as shown in FIGURE 8.
- Assemble the LEG EXTENSION (8) to the LEG EXTENSION NECK (7) as shown in FIGURE 8, using one 1/2 X 3” BOLT (18), two 1/2” WASHERS (22), and one 1/2” LOW HEIGHT LOCK NUT (24). **(TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE LEG EXTENSION TO ROTATE FREELY)**
- Assemble four ROLLER PADS (12) to the LEG EXTENSION (8) as shown in FIGURE 8, using two ROLLER PAD SHAFTS (11), and four 3/4” STARLOCK COLLARS (27).
- Attach one 3/4” SQ. RUBBER BUMPER (32) to the LEG EXTENSION (8) approximately where shown in FIGURE 8.

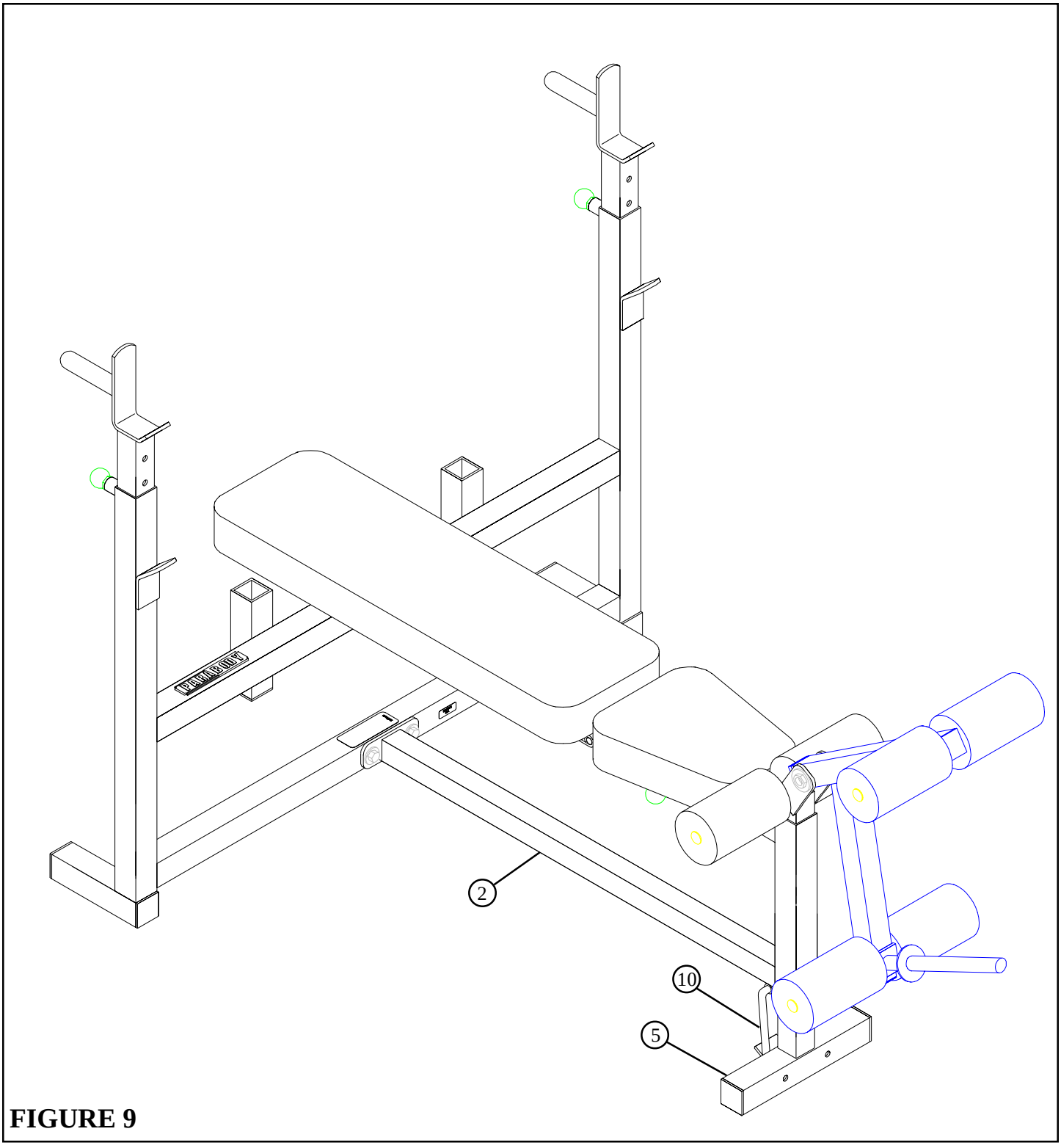


FIGURE 9

STEP 9:

- When ready to perform LEG CURLS or LEG EXTENSION, pull up slowly on the front of the BENCH FRAME (2) and allow the U-PIN (10) to rest on top of the TAB of the BASE LEG (5). **(NOTE: THE BENCH FRAME MUST BE ADJUSTED UP WHEN USING THE LEG EXTENSION TO ALLOW PROPER CLEARANCE FOR WEIGHT PLATES)**

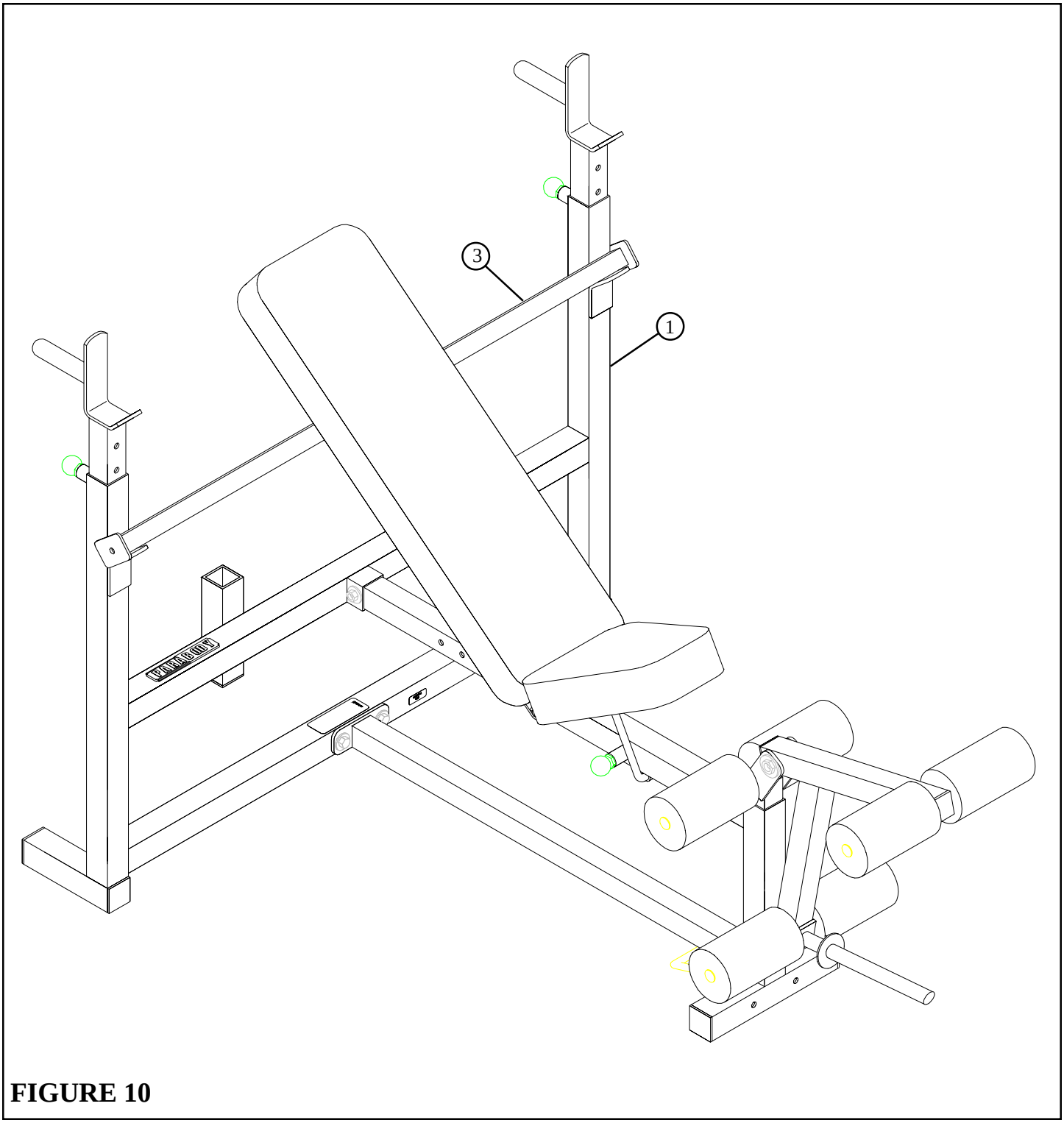


FIGURE 10

STEP 10:

- Set the HEIGHT ADJUSTMENT BAR (3) across the UPRIGHT FRAME (1) as shown in FIGURE 10, for performing INCLINE, or MILITARY PRESSES. When performing DIPS, use the HEIGHT ADJUSTMENT BAR (3) to hold the BACK PAD forward as shown in the WORKOUT MANUAL.

- Follow the WORKOUT MANUAL for the correct way to use this product.

THIS CONCLUDES THE ASSEMBLY OF THE 807 BODYSYSTEM WORKOUT CENTER

MAINTENANCE

Please note:

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your ParaBody customer service representative at (800) 328-9714.

* Inspect equipment daily. Tighten all loose connections are replace worn parts immediately. Failure to do so may result in serious injury

*** PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

MODEL #_____

SERIAL #_____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE #_____

Thank you for purchasing the ParaBody 807 Gym System.

LIMITED WARRANTY

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. LIMITED WARRANTY ON FRAME AND WELDS. If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

2. LIMITED WARRANTY ON PARTS. If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

3. LIMITED WARRANTY ON CABLES AND UPHOLSTERY. If the coated cables or upholstery are defective in material or workmanship, ParaBody will repair or replace them, at its option. Terms: Three (3) years.

4. CONDITIONS AND EXCEPTIONS. Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.

5. REPLACEMENT AND REPAIR EXPENSES. ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.

6. SHIPPING. If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.

7. CLAIM PROCEDURES. If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.

8. OWNER'S RIGHT. This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.

9. LIMITATION OF IMPLIED WARRANTIES. All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.

10. DISCLAIMER. No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

NOTES:

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